

5-Minute Qi Flow Guide

3 Taoist Techniques to Circulate Vital Energy
Movement = Youthfulness.

1. Morning Yang Boost (2 minutes)

1. Stand tall, feet shoulder-width apart. Arms at sides.
2. Inhale: Raise arms overhead, palms up, like gathering sunlight.
3. Exhale: Lower arms in a wide circle, palms down, pushing energy to earth.
4. Repeat 9x with deep belly breath.

Feel rising Yang Qi awaken your core.

2. Midday Shake-Out (2 minutes)

Feet hip-width.

Shake loose! Bounce knees gently, shake hands/arms like a wet dog (30 sec).

Roll your shoulders back (30 sec).

Circle your hips with your hand on your hips (30 sec).

Swing arms across body, twisting torso gently (30 sec).

Ends stagnation, refreshes Qi flow for focus.

3. Evening Gather (1 minute)

1. Stand with feet hip-width apart and knees soft.
2. Make a fist with your right hand and place it on your navel.
3. Circle 36 times clockwise, massaging the belly.
4. Make a fist with your left hand and place it on your navel.
5. Circle 36 times counterclockwise, massaging the belly.
6. Place the right palm on your belly 3" below the navel.
7. Place your left palm on top of your right palm.
Inhale deeply through the nose, visualize energy pooling in the dan tian (navel center).
Breathe naturally for 30 seconds.

Seals day's energy for restorative sleep.